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# ottawa jewish bulletin



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**Donation will improve services to elderly**

## New JFS senior support unit named in honour of Thelma Steinman

By Alex Baker

If you knew Thelma Steinman, you already know what this story is going to say.

"Thelma was reliable, steadfast, modest, polite, and smiled a lot. She didn't have a towering stature and didn't say a lot ... but when she talked, people listened. She was dignified and made an impact on those around her ... by helping people every day. I miss her."

With those words at an emotional ceremony in front of friends, family and community leaders October 17, Dan Greenberg dedicated the new Thelma Steinman Seniors Support Services Unit of Jewish Family Services. He and his

wife, Barbara Crook, made the expanded unit possible with their donation of \$1.5 million in Steinman's honour. According to Mark Zarecki, executive director of JFS, money will go into a Jewish Community Foundation fund that will pay JFS \$110,000 every year in perpetuity.

JFS now has a five-year plan to improve its quality and range of services.

According to Karen Anne Blakely, senior services manager, the first step was to expand the office space and add meeting rooms, as well as make her position full time. The chaplaincy service, where Rabbi Arnold Fine visits nursing homes



Members of Thelma Steinman's family along with the unit's benefactor (from left to right) Dan Greenberg, Gail Victor, Shirley Greenberg, Adele Tate and Stephen Victor attend the emotional dedication ceremony on October 17. (OJB photo: Alexander Baker)

and other facilities for retired people, has also been enhanced, and new services will be added in coming years.

The next steps are hiring at least one Russian-speaking social

worker in 2007, expanding volunteer training programs and expertise for 2008 and the creation of a day program for dementia sufferers beginning in 2009.

However, the dedication night was all about Thelma, the small woman with a big heart who touched so many lives. Those

(Continued on page 2)

## Mayoral candidates speak to community



Bob Chiarelli  
page 9



Larry O'Brien  
page 10



Alex Munter  
page 11

## City Hall from a Jewish perspective

By Barry Fishman, editor

On Monday, November 13, the citizens of Ottawa will decide who will be the next mayor.

Whatever the outcome, after meeting with members of the Communication and Community Relations Committee (CRCC) of the Jewish Federation of Ottawa, the three main mayoral candidates now know what are the major issues facing the Jewish

community.

We in turn got to know where they stand on those issues and how well they understand the community.

All candidates were asked the same questions.

The recent war in Lebanon and the tragedy at the Jewish community centre in Seattle last summer meant security is on a lot of people's minds. We asked the candidates how they would provide safe and secure neighbourhoods and why, when minority communities feel vulnerable, the extra cost of providing security seems to fall on those communities. Why, for example, is it the responsibility of Jewish institutions to hire off-duty police during the High Holy days or other large gatherings?

We were also interested in how,

(Continued on page 7)

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## Steinman touched so many lives

(Continued from page 1) worthy programs, though in Thelma's honour, cannot hope to replace the countless hours she spent in nursing homes and volunteering for JFS, visiting her friends, acquaintances and anyone who needed a lift.

"She was a volunteer – JFS's oldest – a senior working with other seniors," says Greenberg. "She took her involvement with JFS one step further by helping people every day."

Other JFS employees have fond memories of her as well.

"I was putting together a new program for long-term care facilities with Jewish residents and she saw the ad, called me and said 'I'd like to help, but I'm not sure what I can do,' because she was already visiting five different retirement homes a week," says Lisa Bogdonov, JFS office manager.

"Every morning she would get on a bus and go visit people, so I said 'Thelma, thank you, but I think you're covering more ground than we are!'"

Rabbi Fine was also touched by Thelma's activism.

"I was always in awe of her, like everybody else here, and to be associated in any way with her name is a great honour," he says.

"During the campaign for the new Hillel Lodge, I volunteered with her and I wasn't doing very well. Mrs. Steinman came over to the telephone where I was working and said 'you're not working hard enough; you gotta get a little more enthusiasm for what you're doing.' The next call, I used her advice and it was a pretty good donation – that's how Thelma worked."

Bogdonov says she remembers a resolute woman with a strong sense of family values.

"The first time I met Thelma was at the first JFS board meeting I ever went to, when I had a brand new baby and he needed to nurse. So I went to leave and Thelma reached across behind three people and said, 'you're not leaving. It's called Jewish Family Services – babies stay' and that was it. So I stayed and the baby nursed and everyone was fine with it."

Stephen Victor, Thelma's son-in-law, spoke about



Dan Greenberg dedicates the unit in Thelma Steinman's memory.

(OBJ photo: Alexander Baker) Another aspect of Thelma's character, calling her a "Jewish woman of valor, with Jewishness emblazoned on her character at all times."

She attended Beth Shalom regularly, kept kosher and "had a burning desire to advance the Jewish condition in Ottawa," according to Victor. She and her late husband were one of 10 families who founded Hillel Academy and she was very active in the campaign for the new Hillel Lodge, along with her other volunteering.

"JFS was Thelma's passion and love," Victor says. "She devoted 20 years of her life to helping the elderly and those in distress. Her simple desire was to make the life of an individual a little better."

## Hezbollah wins propaganda war by parading their dead

By Alexander Baker

Democracies don't show their dead bodies.

Terrorists, on the other hand, have no problem using images of death and devastation to win a propaganda war, says the Washington bureau chief of the Israeli Broadcasting Authority, Yaron Deckel.

Deckel was in Ottawa October 22 to give a talk on the recent Lebanon war and the situation in the Middle East. In an interview beforehand, Deckel spoke about coverage of Israel in the media and how Hezbollah won the propaganda war this summer.

"At the beginning, there was more support for Israel because it was quite clear it was attacked by Hezbollah, unprovoked," he says. "The problem was, after a while, the pictures on the TV from Lebanon were more powerful."

Deckel says Hezbollah used a propaganda campaign to great effect against Israel, but only because of their disdain for human life.

"Democracies don't use TV to show casualties," he says. "It's insane. You don't bring the camera to the ER and say look at the wounds,



Yaron Deckel

see some dead bodies, but terrorist organizations do that to promote their cause.

"They controlled the message – it's not exactly a free country, Lebanon – so foreign journalists from the west were manipulated deliberately by Hezbollah," he continues. "But [the journalists] needed to broadcast, I know what the feeling is like. You have an editor and you have a deadline. They say 'I need something powerful and emotional from Lebanon' and you have one hour."

Despite those challenges, Deckel admits "it was quite clear from the beginning the pictures didn't help." Nevertheless, he asserts "the Lebanese wanted to show the devastation, but they didn't show where their missiles were in houses, in villages, putting Katyusha rockets inside where babies live."

However, Deckel says there is a fundamental problem with the way Israel is covered in the media.

"You can watch CNN, you see whole neighbourhoods gone, you see villagers walk-

ing around looking for their relatives," he says. "Sometimes [Israelis] were talking about what happened and then the TV station put on air Lebanese refugees with kids with looks of despair, and this was a contrast to what they're saying."

He says, when they give interviews, Israelis should ask, "What are you going to put on the air when I'm interviewed? If you want to put [images], put them from Israel. It's not fair that I'm talking about one thing and the viewer sees something else."

While biased media coverage is something Israel must contend with, Deckel says the best way for Jews around the world to combat it is to know the facts.

"The facts in this case were quite clear: there was no disputed land in the cause of the war – the territories, the settlements, the Holy Land. No, this was two sovereign states. One attacked the other with no cause and no reason, just to provoke. This time, Israel decided to retaliate after a few times of keeping its restraint," he says.

"People should also know about the pull-out in 2000, unilaterally, after 18 long years, and that, in 2000, [US] President Clinton had a summit with Arafat and Arafat rejected a solution, not Ehud Barak. We should remember that solution at that time."

"If people know the facts, it's quite easy to explain and everybody can be their own ambassador."

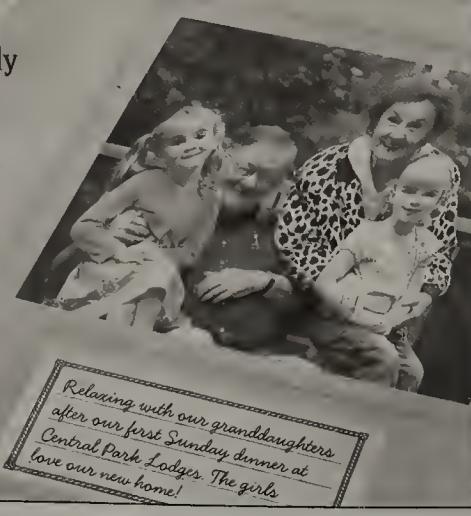
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## Hadassah honours Helen Saipe, closes Bertha Slonemsky chapter

By Deanna Silverman

An undertone of celebration, pride and sadness pervaded the 2006/2007 opening meeting of Ottawa Hadassah-WIZO Council when members honoured Helen Saipe and bid a fond farewell to the chapter over which she had presided for more than 30 years, the Bertha Slonemsky Chapter.

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children of Israel that kept the chapter going for well over 75 years.

Sooner or later, however, we must all acknowledge the aging process. Sadly, that time has come for the remaining members of the Bertha Slonemsky Chapter. They recently made the painful decision to continue their support of Hadassah-WIZO as individuals, but to become inactive as a chapter.

Sadness quickly gave way to pride and laughter when Helen's daughter Marcia Saipe, remembered her almost 92-year-old mother as "a cross between Madeline Albright and Aunt Mame."

Marcia described her

mother as a hostess par excellence and a woman with a mission, always ready to organize fundraising events, help others and get the job done. She responded to local needs, Israeli needs and, at the personal level, the needs of family and friends.

Most importantly, Helen passed this sense of active commitment on to her four daughters.

President Betty Altman surprised Helen with a certificate recognizing her special dedication to the Hadassah Hospital in Jerusalem.

Not to be outdone, daughters Marcia and Gerry (Goldstein) offered their own surprise, a birthday cake,



Helen Saipe (right) is presented with a certificate recognizing her dedication by Betty Altman.

accompanied by a rousing rendition of Happy Birthday.

Soprano Nava Lightstone, accompanied by her mother Aviva on keyboard, brought the meeting to a cheerful conclusion.

Canadian Hadassah-WIZO supports health, social

welfare and educational programs in Israel and the enrichment of women and Jewish life in Canada. It welcomes new members and encourages anyone interested in joining to phone the Ottawa Hadassah-WIZO office (613-798-7644).

### Course on Jewish civil law offered

This fall, the Jewish Learning Institute will bring its newest course to Ottawa, *You Be The Judge*.

Today, with Canadians fascinated by courtroom dramas, this six-week course, which addresses six real-life cases in Jewish civil law that have at one time or another passed in front of an actual Beth Din – a Jewish court of law – has been attracting professionals and laymen alike.

According to JLI instructor Rabbi Menachem Blum, the curriculum is based on

Judaism's richest cultural and intellectual treasure – the Talmud.

"Many of us are curious about the Talmud's system of law," Rabbi Blum says. "Would a case decided 15 centuries ago in the ancient study halls in Babylonia be decided differently today, in a Canadian courtroom? Is legal reasoning in today's world any different than it was in third century Minor-Asia?"

Until recently, however, the fascinating depth and brilliance of Judaism's legal system has been inaccessible

to those not fluent in Aramaic and who lack a broad base of knowledge in the minutia of Jewish law.

Rabbi Blum says this course will change that.

"*You Be The Judge* will give students with no prior knowledge of the Talmud the opportunity to question, discuss and argue, based on principle and Talmudic precedent," he says.

The textbooks provided will have translated source texts, which will enable students to analyze similar rulings and render judg-

ment on these cases.

Classes will be held Tuesdays at 8:00 pm, beginning November 7 at the SJCC.

To register, or for more information, visit JLI's website ([www.myJLI.com](http://www.myJLI.com)) or call Rabbi Blum (613-823-0866).

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# Playwright finds her voice in family's past

By Alexander Baker

After spending time in London, Chile and Thailand and launching a theatre career in Toronto, Rosa Lahorde is coming home.

Her latest play, *Leo*, follows the lives of three young people in Chile around the time of 1973's military coup. Leo, a poet, and his friends Isolde and Rodrigo struggle with their friendship and love while trying to cope with the country's political turmoil and their uncertain futures. It will open at the Great Canadian Theatre Company on Nov. 23, but has been playing to critical acclaim at Toronto's Tarragon Theatre since February.

"People have really enjoyed it," says the outgoing Lahorde in an understatement. The *Toronto Star* gave *Leo* four stars while the *Globe and Mail* gave it three, and the play was so well received in Toronto, Lahorde says the GCTC called her about getting it for their 2006-07 season.

Lahorde, a 27-year-old



Rosa Lahorde's play *Leo* opens November 23 at GCTC.

Ottawa native, says she is nervous but eager to see her script performed here.

"I'm really excited, I love Ottawa and I'm thrilled it's playing at the GCTC," she says, "but it makes me nervous as well. I worked really closely with the director in Toronto, but it's all new in Ottawa, a different cast, different director, everything."

While Lahorde is familiar with her family's history in Ottawa – "the theatre on Gladstone is on the same street my grandfather created Capital Radiators, and he went to school with Irving Rivers" – she has spent almost a decade abroad.

Lahorde attended Rambam Maimonides. Then, after graduating from Glebe Collegiate, it was off to London's Oxford School of Drama, a

few months volunteering in the slums of Bangkok, Thailand, and a trip with her mother and grandmother to their native Chile, where neither had been since 1973. That was the year the family was exiled after Salvador Allende was assassinated and Pinochet's military dictatorship took over.

These cultural experiences Lahorde has had and the heritage she gets from both sides of her family play a large role in her writing, she says.

"The truth is, I come from such a cultural mix – there's Chilean, my grandparents on my father's side are from Germany and Poland and, of course Judaism," she says. "My characters definitely come out of little pieces of me – I like to keep my mind open so I can see each point of view in a situation."

Although characters in her plays – such as Rodrigo, the idealistic would-be politician – can have strong views, Lahorde sees herself

as more moderate.

"My characters all end up being extensions of things I'm thinking about," she says, "but I could never be a fanatic anything. I'm more interested in why a person can think one way and another [person] so strongly another way."

However, Lahorde says performing recently in a play about the Holocaust, called *Two Charlottes*, did stir up some powerful emotions.

The play tells the story of Charlotte Salomon, a German Jew who fled the Nazis in 1939 for southern France. When the Nazis invaded France three years later,

Salomon entrusted the more than 1,000 paintings she had done in that time to a neighbour. She was killed in a death camp one year later.

Lahorde says the story is an emotional one about a young Jew creating something beautiful during a time of death and was meaningful to her.

"I replaced an actor at the last minute. It was really short notice," she says. "It was my first experience doing a play about the Holocaust and I found it incredible."

Lahorde, who currently lives in Toronto, will be back in Ottawa for the opening of her play this month.

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A school in Whitwell Tennessee sets out to learn about the Holocaust and discovers more than they had anticipated. **Sponsored by Hillel Academy.**

##### **Kristallnacht** - November 9

The Holocaust: Personal Encounters

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The night of November 9, 1938, will forever be remembered as the night that the Nazis declared war on the Jewish people – ransacking Jewish homes, businesses, publicly looting and burning Jewish property. Through archival footage, photographs and interviews with survivors, this video is a stinging portrait of that night.

For more information please contact Rubin Friedman at 613-798-4696 ext. 297 [rfriedman@jewishottawa.com](mailto:rfriedman@jewishottawa.com)

Holocaust Education Week is presented by the Jewish Federation of Ottawa's Shoah (Holocaust) Committee. Chair: Sara Breiner

The life and achievements of the European Jewry before the Holocaust  
The challenges that faced the survivors in integrating into new lands and communities after the Second World War

## Your input is needed to make us a better community

The key to success in any business is to understand the customer and tailor the product or service accordingly. As providers of services to our Jewish community, we do well to heed this basic business axiom as we take our next step forward in community-building.

Who is the Jewish consumer? What does that person want or need from the Jewish community (either consciously or unconsciously)? Are we, as a community, responding appropriately? To the extent we are not, where are the gaps and how best do we fill those gaps?

We live in an age of choice. Jews choose to be Jewish or not. Today, Jews choose to give to non-Jewish causes in increasingly larger proportions compared to Jewish causes. Jewish business-people no longer give their business to Jews simply because the supplier is Jewish. Jewish youth do not adhere to a Jewish life because their parents tell them to. Jewish parents appear to be less concerned about



### Federation Report

Ron Prehogan  
Chair

raising their children Jewishly and about their children dating non-Jews. Like it or not, that's what we've got.

Our response at the Federation to date has been primarily procedural; that is, to revamp our governance structure and allocations procedures so we are more in touch with and responsive to people's needs. This part of the process has been in place for more than a year and has already met with great success, particularly in terms of involving many more people in meaningful decision-making and also in implementing those decisions.

As one rabbi said to me recently,

"things must be going well at the Federation because I'm not hearing complaints like I used to."

Now that these processes are under way, the focus of the Federation's efforts is shifting from the procedural to the substantive, from making decisions based on what we have to making decisions as to what we should and can have. It is rare in the life of a community that we take a step off the merry-go-round and think creatively about what we can do to engage and excite people to make them want to choose us.

That rare opportunity is upon us now and you will bear more about what we have planned in the days and weeks ahead.

Are we approaching Jewish education the right way, both formally (i.e., in our schools) and informally (e.g., in our summer camps)? Can and should we do more to engage our teenagers with the Israel experience? Are there steps we can and should take to make Jewish Ottawa a more attractive place for our university graduates?

These are the kinds of questions we will be asking ourselves and the community in the coming year. However, we won't just ask the questions, we will also answer them together in a practical and creative way. So call it, if you will, an exercise in "blue-sky, but not pie-in-the-sky thinking."

Of course, it all starts by recognizing and accepting we live in an age of choice. We will not succeed as a community by explicitly or implicitly telling people what they should do or think or, worse, making them feel marginalized because of what they do or do not do or believe.

As Jewish service providers, we believe every Jew is Jewish as the next. No one on a pedestal, all of us on the same platform struggling to do our best for ourselves and our children each in our own way.

We at the Federation look forward to joining you in your struggle and you joining us in ours. Together we can – and will – make a difference.

## Avoid post-holiday Simchat-Torah blues by helping others

The joy of Jewish celebration reaches its apex on Simchat Torah. The singing and dancing with the Torah ignites the spark of soul, and brings every Jew into the collage of Am Yisrael.

Regardless of affiliation or observance, every Jewish woman or man feels part of the celebration, from toe to head. However, the holiday ends and we return to the "real world" where singing and dancing with Torahs are not part of our daily routine.

What are we to do to create post-holiday Jewish inspiration?

I remember the teachings of the Magid of Mezritch: *Ahavat Yisrael* (Love of a



### From the pulpit

Rabbi Mordechai Berger  
Young Israel

Jew) is the vehicle to achieve *Ahavat Hashem* (Love of God).

The single most important change we can incorporate into our lives after the high holidays is the willingness to extend ourselves for another. We must be willing to be uncomfortable to benefit others. This is

the essence of the Torah and the overwhelming message of all our celebrations. The Almighty loves when Jewish people care for each other.

In *Parshat Noach*, the Torah describes two corrupt generations, one called the generation of the flood (*mabul*), the other called the generation of the Tower of Babel (*Haflaga*). Both were punished severely for their corruption. The generation of the flood was completely destroyed, while the generation of the *Haflaga* was punished with their language being confused.

The sin of the generation of the flood was that they stole; the sin of the generation of the *Haflaga* was that they wanted to do battle with God by building a Tower of Babel.

The punishment for the Tower of Babel pales in comparison to the punishment for

stealing. Why is that the case? Is not fighting with God more severe than stealing?

Rashi explains, "the Almighty loves harmony," therefore, even though their sin may be greater than stealing, their community harmony caused God to have compassion.

The generation that stole, however, showed disrespect for its fellow man. This violation of respect for a fellow man was a corruption God could not tolerate; hence humanity needed to be rebuilt from scratch.

The post-holiday blues can be overcome by extending yourself to help another Jew.

May we merit the blessings of Hashem for good health and happiness.

Listen each Sunday to the Ottawa Jewish radio program, *Sunday Simcha* at 9:30 am on 93.1 FM CKCU Ottawa.

## Mailbag

### Talmud influenced Western Civilization

In the *From the Pulpit* column, October 23, Rabbi Howard Finkelstein decries the choice by some of our brethren to "walk away from an observant life style, never to return to it."

I suggest that, perhaps, they have replaced the observant life style with a more meaningful connection to our Jewish heritage that encourages their financial support for its continuity. I have in mind some of the wealthy Jews in New York, like the Guggenheims, who built the magnificent temple on Fifth Avenue at 68th Street in Manhattan.

Such a meaningful connection to our Jewish heritage is well articulated by biblical scholar Joan Comay, the wife of Michael Comay, the first Israeli ambassador to Canada.

On page 289 of her book, *Who's Who In*

*The Old Testament*, she writes, "For century after century, the Jewish rabbis and sages discussed and refined the Laws of Moses. Their commentaries were gathered together in the huge tomes of the Talmud, which a learned man might study all his life without exhausting them. In this fashion was shaped the distinctive outlook and way of life, which the Jewish people carried with them to all the countries of their dispersion. Through Christianity, the Hebrew code profoundly influenced the civilization of the Western world."

We did not learn this at night school at the Ottawa Talmud Torah on George Street where we graduated at age 13; but it can constitute the passion for Judaism parents can impart to their children and thus remain on the "derech" suggested by Rabbi Finkelstein.

Lionel Metrick

# Ottawa Jewish bulletin

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## Mayoral candidates interviewed on separate evenings

(Continued from page 1)

as mayor, they would promote understanding between different ethnic groups. If there was a serious anti-Semitic or racist activity against any minority group, how would they respond and what would they do to bring the community together?

We wanted them to understand social justice and *tikun olam* (repairing the world) are important to most Jews, so we asked how they would make Ottawa a better place by providing affordable housing and helping the poor and homeless.

On a different night, each candidate came to the SJCC to discuss the issues. They were also given the opportunity to present opening remarks.

"In an all-candidates meeting, you don't necessarily get to ask the questions that are important to the community," says Jeff Polowin, chair of the CCRC.

"Moving to three separate nights, you are avoiding the 'nien-nader' that goes with all-candidates meetings and, by the discussion that ensues, you are able to establish a good relationship with the candidate, to impart the issues important to the community and to get them on record in the *Bulletin* on what their feelings are on the community."

He stresses it is not the role of the committee to endorse any candidate.

"It is to provide them with a direct communication link to the community on what they plan to do."



**Editor**

**Barry Fishman**

The committee, made up mostly of individuals with a communication background, met to decide on the questions. According to Polowin, the criteria are "what issues are important to our community, and what issues we want the mayoral candidates to know that are important to our community."

The committee decided to stay away from issues that may be of interest to the community but are already getting a lot of coverage in the general media, such as LRT.

So, how did the candidates do?

The candidates certainly valued being given the opportunity to talk to the Jewish community through the *Bulletin* and, when asked what we could do to make Ottawa better, they all praised the professionalism, generosity and involvement of the many Jewish organizations and Jewish people who help make Ottawa such a livable city.

Perhaps because of their experience in city government, both Bob Chiaraelli and Alex Munter seemed to have a greater understanding of the Jewish community and its concerns.

Munter spoke eloquently about his search to understand why the Holocaust happened, his visit to Israel and why it is important to have hate crime legislation to protect minorities.

Chiaraelli spoke movingly about his work with interfaith groups, his record on multiculturalism and his close personal and professional relationship with the Jewish community.

Although O'Brien believes it is necessary and important to reach out to different minority groups, he was less specific on Jewish issues. His mantra seems to be making city government more efficient, and freezing taxes takes precedence over any other concerns.

You can read what the mayoral candidates had to say on pages 9 to 12 and, regardless of whom you decide to support, please remember to get out and vote on November 13.

\*\*\*\*\*

As the *Bulletin* goes to press, the Public Service Division of the Federation is putting the finishing touches on a November 21 event at Agudath Israel Congregation.



**Jeff Polowin,  
chair CCRC**

Co-chairs Maureen Katz and Anita Rosenfeld thought it was important to acknowledge and show appreciation for the Canadian government's support for Israel and its right to defend its citizens during the recent war with Hezbollah.

"We want the Jewish public service community to give kudos to the government of Canada and the prime minister for supporting the State of Israel, including the numerous

instances of UN votes and at the Francophone," says Katz.

The evening will consist of a three-member panel, Treasury Board President John Baird, Israeli Ambassador to Canada Alan Baker and CJC CEO Bernie Farber, discussing Canada's present and future relationship with Israel.

Each member will be given the same series of questions beforehand and will answer them at the event. There will also be a dialogue among them and with audience. The moderator will be Mark Berlin, director general, International Legal Programs Section and special adviser to the Middle East, Department of Justice.

For further information or tickets call 613-798-4696, ext. 248.

## Case study on why political predictions are frequently useless

For keen observers of the federal political scene over the past few years, it's hard to recall a more interesting time than now.

The first Conservative government since 1993; the intrigues of minority-government politics, with another possible election always around the corner; the Liberal leadership race heading toward a convention that will send that party down a historic new path; a resurgent NDP that seems to be aiming to supplant the Liberals as the Conservatives' main rival; the Bloc Québécois trying to ride a new wave, as the Quebec constitutional issue heats up again.

And that's just politics. The national agenda is dominated by issues that will determine Canada's future for many years to come: military and defence, most notably the Afghanistan mission; foreign affairs, especially vis-à-vis the United States; public safety and civil rights; the environment; crime and punishment; citizenship and multiculturalism; national unity and the shape of the federation; health care; and more.

*Right Side Up*, a new book by Paul Wells – one of the keenest observers of federal politics in Ottawa – tells the unlikely tale of how we got to this political moment in time.

The book's subtitle offers a compact summary of its contents: *The Fall of Paul Martin and the Rise of Stephen*



**Alan Echenberg**

*Harper's New Conservatism*

Wells, columnist with *Maclean's* magazine and creator of the popular "Inkless Wells" political blog, offers up a comprehensive, clever and frequently hilarious account of the past five years in Canadian politics – as eventful a half-decade as any in recent memory.

It begins in the fall of 2001 with the return to public life of a former Reform Party MP named Stephen Harper, who quit electoral politics four years earlier to head up a right-wing lobby group.

In his absence, Reform morphed into the Canadian Alliance and then proceeded to implode under the divisive stewardship of its first leader, Stockwell Day.

After a chaotic reign that saw him decisively lose an election to Jean Chrétien's Liberals and then lose 11 of his MPs – who left his caucus to sit in a parliamentary alliance with Joe Clark's Tories – Day reluctantly

agreed to call a new leadership race:

Just as reluctantly, writes Wells, "into the midst of the turmoil, comes Stephen Harper ... 42 years old. Taciturn, self-assured ..." and drawn into the leadership race not because of a burning ambition to get back into politics, but as a response to "an existential threat to the political movement he had spent his adult life trying to help build."

Alternate chapters chart the tale of Paul Martin, an uncanny mirror image of Harper's. By the time Harper re-entered politics, Martin had been bottling up his burning ambitions for many years, serving as Chrétien's finance minister while pining for Chrétien's job.

In the spring of 2002, after some characteristic dithering, Martin left Chrétien's cabinet – or was pushed out, depending on who you ask.

"On the day he lost his cabinet job," Wells writes, "the dauphin was already only a short climb away from the job he had wanted for decades."

What follows seems inevitable in hindsight, but Wells' book reminds us how no one – five years ago – could have predicted the state of Canadian politics today.

At the time, the only thing that seemed inevitable was a Paul Martin majority, governing for years and making mincemeat out

of a divided conservative opposition.

Instead, Wells nimbly describes what actually did happen: Harper wins the potentially poisoned chalice of the Alliance leadership, doggedly pursues a merger with the Progressive Conservatives, runs for and wins the leadership of the new merged party when other more prominent conservatives shy away from the race, narrowly loses the 2004 election, learns from his mistakes and narrowly wins power in a follow-up election earlier this year.

Martin's path is, again, the mirror opposite. He consolidates his hold on the Liberal Party, provokes the premature end of Chrétien's career, steamrolls over all other potential leadership candidates, takes power, promises the moon to Canadians, fails to deliver, gets tripped up by the sponsorship scandal, loses his majority, doesn't learn from his mistakes, dithers through 18 months of minority government and eventually loses the prime ministerial job he had spent years pursuing.

It's an ant and grasshopper tale worthy of Aesop. And it's also a case study on why political predictions are frequently useless. If Wells writes a sequel five years from now, who knows what the plot will be?

*Alan Echenberg is TVOntario's Parliamentary bureau chief.*



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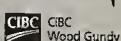
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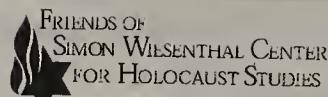
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Walid Shoebat was born in Bethlehem, and was a member of the PLO and participated in acts of terror and violence against Israel. This led to his imprisonment for incitement and violence against Israel.

In 1993, Walid studied the Tanach (Jewish Bible) in a challenge to convert his wife to Islam. Six months later, after intense study, Walid realized that he was on the side of evil and that everything he had been taught about Jews was a lie. Driven by a deep passion to heal his own soul, and to bring the truth about the Jews and Israel to the world, Walid shed his former life and became an advocate for his former enemy.

Since then Walid has published a book, Why I Left Jihad, testified to a special forum on Capitol Hill on Islamic terror and indoctrination, and has been interviewed on CNN, Fox News, and the Dennis Prager Radio show.

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## Mayoral election 2006 Chiarelli promises action on security issues and concerns

By Barry Fishman

If re-elected, Mayor Bob Chiarelli promises to revamp the way the Ottawa Police Service deals with potential threats and the high cost to the Jewish community of providing security.

At a round table discussion with members of the Communication and Community Relations Committee of the Federation, Chiarelli notes the present system is much too ad hoc and a protocol must be worked out so the community can know what they can rely on.

This would include, he says, "the circumstances under which you should be entitled to police officers under the public payroll to provide protection and where the dividing line is where you should be responsible."

Chiarelli promises to work with all ethnic groups needing protection to come up with a protocol that would satisfy those concerned.

"We have gone beyond where it should be ad hoc, and we should evolve that," he says. "Perhaps we should have done something sooner."

To start with, Chiarelli would like to see a liaison officer appointed to the Jewish community by the police so security problems can be communicated and understood quicker.

Chiarelli says Ottawa should be proud of its police department.

"We have a culture in our police, one that respects diversity and wants to protect diversity in all of its forms," he says.

The police, he notes, take very seriously acts of gay bashing or discriminating against mosques or synagogues.

Chiarelli also says it is important the mayor show leadership if there is a hate crime or racist act.

"Number one is to



(From left to right): Jonathan Freedman, Federation vice-chair; Mayor Bob Chiarelli; Mitchell Bellman, Federation president and CEO; and Jeff Polowin, chair of the Communication and Community Relations Committee of the Federation.

(OJB photo: Barry Fishman)

enforce the law, if it is hate literature, hate acts or desecration, etc., it should be followed up and prosecuted," he says.

"Number two, I would do what I have done in the past. I would bring all the faith communities together, perhaps expand it to community leaders, marshal all the people of goodwill in this city to stand up and be counted that this is wrong and that we are there to defend the people who are

being wronged. It is as simple as that. It would have to be very open, very visible and consistent."

Chiarelli also says it is

important for a mayor to have the trust and respect of all ethnic groups.

"There is a growing need

(Continued on page 12)

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## Mayoral election 2006 “CEO of the city” says efficiency is key

By Barry Fishman

Until the city gets its spending under control, the community will have to continue paying for the high cost of hiring off-duty police officers and other security personnel to protect Jewish institutions, says mayoral candidate Larry O'Brien.

“My first priority as mayor will be to try to get our economic house in order so we can have the option of having these [security cost] discussions in a meaningful way,” O'Brien told members of the Communication and Community Relations Committee of the Federation during a recent discussion on issues of concern to the Jewish community.

“What I will focus on as mayor is running a more effective government,” he says. “I believe it is quite possible to provide increased

services at lower costs.”

O'Brien is running on a campaign of lower taxes, making city government more efficient and fighting crime by hiring more police officers and aggressively enforcing laws on graffiti, panhandling and homeless people sleeping on city streets and parks.

“The overall concept of actively enforcing laws, keeping the streets safer, keeping people from sleeping on the streets overnight, those are things we need to go about doing as a standard core business of the city,” he says.

O'Brien agrees there is a role for the mayor to promote understanding between different ethnic and religious groups.

“My experience is that we are, in general, a fairly tolerant community. I think we have to celebrate the dif-

ferent cultures we have in our community,” he says.

That was something he always enjoyed doing as a businessman and O'Brien says he will continue to embrace Ottawa's multiculturalism if elected.

“I genuinely want to participate in cultural activities right across the broad spectrum of activities that occur in our city.”

However, he says, the provincial and federal governments should do more to help integrate immigrants into Canadian society.

“I have been talking to organizations involved in trying to integrate people into this community and they are getting concerned on a number of different levels,” O'Brien says.

“This is a problem we need to address over the next four or five years in a very

meaningful way. Otherwise, this time bomb is going to go off, particularly as it relates to kids that do not feel they are part of our society – nor do they feel they are part of their society.”

As for homelessness, O'Brien says the best way to deal with the problem is through tough love. If elected, he would pass a bylaw

making it illegal to sleep on city streets.

“What that would do is put us in the position to identify and help those who need it,” he says.

“It would also give us the tools to identify people who are there on an adventure and a holiday ... Going down this path will ultimately result in us having a better handle on

how to supply services to these people and clearly make the point you can't sleep overnight on our city streets. It would put us in the position where we have to provide housing or accommodations of some sort.”

O'Brien's core message is all about making the city more efficient and changing

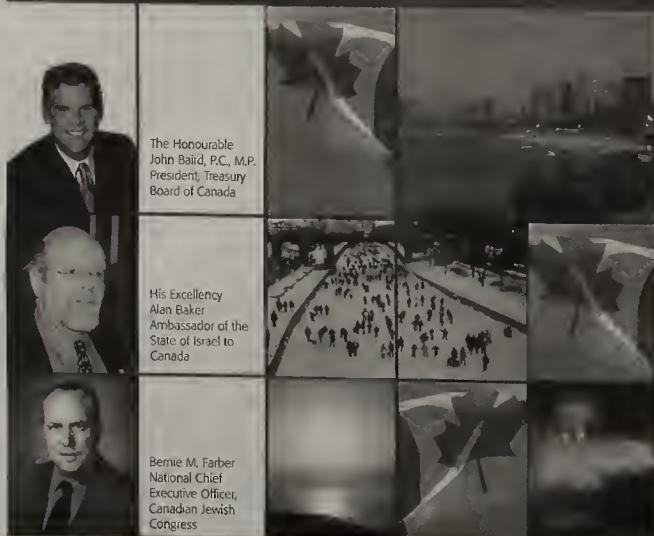
(Continued on page 11)



From left to right: Jonathan Freedman, Federation vice-chair; mayoral candidate Larry O'Brien; Mitchell Belzman, Federation president and CEO; and O'Brien supporter, former Mayor Jacqueline Holzman.

(OJB photo: Barry Fishman)

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## Mayoral election 2006 Community safety priority number one for Munter

By Barry Fishman

As a teenager and young adult, mayoral candidate Alex Munter spent a great deal of time studying the Holocaust, trying to comprehend how it could have happened in such an advanced society.

"It made me understand how deeply rooted anti-Semitism is," he says.

"It was a personal journey of discovery for me in terms of really thinking how it is possible for anti-Semitism to be quite invisible in one way and yet quite present at the same time. I get very uncomfortable when I hear anti-Semitism doesn't exist anymore. I think that is part of the perniciousness of it."

Munter recently met with members of the Communication and Community Relations Committee of the Federation at the SJCC to

discuss issues of concern to the Jewish community.

He says it is important for the general community to understand why hate crimes are so threatening.

"When one individual from a community is targeted because of their ethnicity, their religion or some other personal characteristic, it makes everyone else who is a member of that community feel unsafe. That is the fundamental characteristic of a hate crime and why it is so important for our police service to respond to hate crimes."

The citizens of Ottawa should be proud our police force is a leader in Canada when it comes to dealing with hate crimes and those affected by them, he says.

Munter would like to see the police services and the Jewish community continue

to build on the good relationship they have, "to make sure that too much of the burden [of cost] does not fall on the affected community."

It is the "responsibility of the municipal police service to make sure that community institutions, like this community centre, synagogues, mosques and temples, are safe and that people can go about their life, go about their business with a sense of confidence around their security," he says.

Community safety is Munter's first priority. He plans to hire more police officers and make them more visible by increasing the number of foot patrols, doing more neighbourhood safety audits, increasing transit patrols, working on lowering incidents of domestic violence and drug



(From left to right): Jeff Polowin, chair of the Communication and Community Relations Committee of the Federation; mayoral candidate Alex Munter; and Mitchell Bellman, Federation president and CEO.

(OJB photo: Barry Fishman)

addiction and working with other cities on gun control.

He also says elected officials must speak out whenever there is an anti-Semitic or racist incident of any kind against any minority. As a city councillor, Munter raised the issue of synagogues being vandalized and spray painted with anti-Semitic slogans.

"It is important to name whatever is happening and stand up for the values of our community," he says.

"I spent much of my life fighting for human rights and the dignity of all people. That is a core value for me and an important piece of what a mayor of this city should do."

Munter is concerned new immigrants are being left behind economically. He is proposing a project that would involve 4,000 internships over the next four years to give immigrants "that first Canadian job experience, which is often the barrier to participation in the labour force."

His plan is to work with

business, labour and community organizations to find four- to six-month internships.

"Hopefully, we can put some of these internships here [in the Jewish community]," he says.

Social and cultural integration is also very important. As mayor, he would

(Continued on page 12)

## O'Brien: no micro-manager

(Continued from page 10)

the culture that allows too much waste in government. He says salaries must be reined in and the city should encourage a larger role for the private sector and non-government organizations to get involved in housing

and other areas.

He sees the mayor's job as being the "CEO of the city" and says he does not want to micro-manage.

"If the city was a business, its job would be to provide services to the people in the most cost effective

way possible. The more we can drive those efficiencies, the more we can move along towards progressive excellence in the delivery of these services to people. I believe the dividend in terms of a free cash flow will allow us to find more creative ways of supporting different community groups," he says.

"I have no social agenda. I have an agenda of running the city in an effective and efficient manner."

His plan is to work with

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## Chiarelli: election is all about leadership experience

(Continued from page 9) to have that type of mayor who understands and who has built that relationship of trust. I think I have a very strong relationship with the Jewish community, the Muslim community, with the Asian and Indian commun-

ties. On a regular basis, I attend their events and am available to them and show respect for what they are and who they are by being there."

On the issue of affordable housing and homelessness, Chiarelli would like

the provincial government to once again allow the city to charge a small development fee for a health care fund. At one time, the city had this fund and, in fact, had used a portion of it to help in the building of Hillel Lodge, the mayor says.

The housing-first policy means the lowest 10 per cent of wage earners are first in line for social housing, says Chiarelli. Unfortunately, the lack of financial

support from senior levels of government has meant that since 1997 there has been no social housing built in Ottawa.

"We need to leverage more money from other levels of government," Chiarelli says.

During the last four years, the city has received \$34 million from the federal government to combat homelessness and has worked with community partners

to help those in need.

"We have completed 19 projects. It is spectacular in terms of the impact it has had," he says.

Projects include group homes for the Boys and Girls Club, expanding facilities and services for Shepherds of Good Hope, money for the Salvation Army to buy and renovate a home, and facilities and help for youth in need.

Chiarelli believes the

election is all about leadership.

"I am going to tell you I am not sure you will get this type of leadership from the other two candidates, particularly one who doesn't understand what municipal government is all about and what political leadership is all about," he says.

"You would have to start teaching someone all over again. And I am not sure we have the luxury of time."

## Munter: work with all for a better Ottawa

(Continued from page 11) make it a priority to go into different communities to motivate and work with them.

"My worry is we cannot have a situation where we have isolation or communities that are not integrated," he says. "We have seen what happens in other cities when there is that kind of disconnect."

His view on affordable housing is that it is a tool to achieve other goals such as

healthy neighbourhoods and families, economic development and job creation.

"I am always struck that in Toronto the loudest and most persistent voices for affordable housing are the Toronto Board of Trade and TD Canada Trust. What has

happened is the imbalance of the housing market there has become a significant drain on the economic competitiveness of the city."

Ottawa should be able to

meet the very modest target

of 500 homes a year, he says, and there are opportunities in Phase 2 of the Lebreton flats and CFB Rockcliffe developments.

"There has been a failure of leadership when it comes to affordable housing," Munter maintains.

To solve the homelessness problem, Munter would make sure the streets are safe, especially in city centre neighbourhoods, expand affordable housing and deal with the issues of

addiction and mental health, which are problems that have been neglected, he says.

He feels he is a pretty well-known commodity in the city and stresses he would work with all to make Ottawa a better place.

"I think you know that I always stood up for the things I believed in. But I have always tried to work with everybody to find solutions. I think you can do those two things."

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## CELEBRATING 40 YEARS AT TEMPLE ISRAEL

### Erev Shabbat Service Friday November 10, 2006 at 8:15 pm

- Welcome Shabbat with the "ganza mishpocha" (family and friends) at Temple
- Honouring all Past Presidents
- Dessert Oneg following (A Jewish event isn't an event without food!)

### Shabbat Morning Service November 11, 2006 (Remembrance Day) at 10:15 am



- Honouring Pioneers of Temple Israel and our War Veterans
- Welcoming New Members of Temple Israel
- Consecration of New Religious School Students (JK-3)
- Grade 7 Siddur Presentation
- Special Guest: Rabbi Dan Danson (Temple Israel Confirmand)
- Kiddush Luncheon following – more dressing and kibitzing (food and fun)

### "Saturday Night Live" Temple Israel Style

### November 11 at Algonquin College Salons A and B, 1385 Woodroffe Avenue

- Cash Bar at 6:30 pm
- Havdallah
- Gala dinner/dance with live music from 7:30 pm (black tie optional)
- Premiere showing of *See How We Grow – 40 years Revised*
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### Sunday November 12 at 9:45 am - noon: FROSTY BRUNCH at TEMPLE ISRAEL

- Anyone involved in FROSTY or past Temple Youth groups is invited to attend and reminisce. For more information contact Michael Parkin.

To RSVP your attendance and/or send donations contact Debbie Goldstein at 613-226-5435 or [dkg501951@yahoo.ca](mailto:dkg501951@yahoo.ca)  
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## Friendship Circle helps children with special needs

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The Friendship Circle reaches out and extends a helping hand to families whose children have special needs and involves them in a full range of Jewish and social experiences.

The program is run by the Jewish Youth Library with a grant from the Ontario Trillium Foundation. Co-ordinator Miriam Ostroski is a Brazilian-Canadian M.D. who has experience in advocating to appropriate agencies on behalf of children with cerebral palsy.



JYL's Devora Caytak (left) with Miriam Ostroski

sibling and parent support groups, volunteer club, bar/bat mitzvah programs.

The Friendship Circle is working hard to recruit and train volunteers, interviewing families with special needs children and organizing a Chanukah party.

If you know someone who can benefit from this program or if you are interested in volunteering, e-mail [friendship.circle@hotmail.com](mailto:friendship.circle@hotmail.com).



The SJCC Succah saw plenty of use from the Jewish community during the recent holiday of Succot. Pictured here, students of the Beniolo school join in the mitzvah of Succot by shaking the lulav and esrog.

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Israeli Ambassador Alan Baker (centre) drops the ceremonial puck along with Alan Maislin, chair IIHF (left) and Nepean-Carleton MP Pierre Poilievre.

## Israeli hockey scores big

By Mitch Miller

During their visit to Ottawa, the Israeli under-18 (U18) hockey team raised awareness of Israel and helped raise funds to support many local charities.

It was part of a 14-day visit to North America to play teams in Chicago, New York, Montreal, Ottawa and Toronto.

Israeli hockey is improving. This year, the team scored three more goals than they did last year in their loss to the Nepean Raiders Midget A team.

However, playing hockey and being exposed to on-ice competition from Canadian hockey players is only one part of their reason for being in North America. The other is to be ambassadors of Israel.

Last year, the team visited Parliament Hill and met with members of Parliament. This year, they visited Roger's House, the palliative care facility named after the late Hail of Fame coach Roger Neilson.

Neilson was very instrumental in developing a hockey program in Israel. In

his biography, *Roger's World*, there is an entire chapter dedicated to his time in Metulla and at the Canada Centre. When Neilson succumbed to cancer in 2003, the hockey world lost a great coach, and the Jewish community lost a great non-Jewish ambassador for Israel.

During their one-hour visit to Roger's House, the young Israeli delegation was able to learn about the NHL coach who travelled to Israel to teach hockey.

Speakers included Israeli Ambassador Alan Baker, Alan Maislin, chair of the Israeli Ice Hockey Federation, and a welcome from Ottawa's Allan Cracow, who was in Israel with Coach Neilson.

The players viewed a picture that showed Neilson with Boris Mendel, the team's assistant coach. The team also had the chance to see their framed team jersey hanging in a place of prominence. It's the jersey Neilson received while coaching in Israel.

The Israeli Ice Hockey Federation made a donation to JNF.

to Roger's House of \$1,800, and made the commitment to visit annually when they are in Ottawa.

Mike Rudolph, who organized the U18 team's visit to Chicago, was with the Israeli team when they visited Roger's House. He and his wife were deeply moved by the people who work at the pediatric palliative care centre and are planning to add Roger's House in Ottawa to their list of beneficiaries when they fundraise for next year's visit to Chicago.

While in Ottawa, the team played floor hockey against a team from Hillel Academy and Yitzhak Rabin. Their evening game against Nepean allowed the B'nai Brith Youth Organization to collect canned food items for the Ottawa Food Bank and the Raiders to raise funds through draws held at the game.

A donation was made to the Ottawa Senators Alumni Foundation. To thank the Senators' alumni for playing the Ottawa Jewish Men's All-Star team, the Israeli team made a donation to JNF.

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**Mazel Tov to November B'nai Mitzvah:**  
Noah Viner and Elizabeth Orenstein

**November 10 and 11**  
**40th Anniversary Weekend**

November 19 • Prof. Harold Troper

## Shomer Shabbat candidate runs in Kitchissippi ward

By Diane Koven

With the municipal election drawing near, most political candidates are busy campaigning seven days a week. Not so, however, for first-time candidate Daniel Narwa who is, he believes, the first Shomer Shabbat Jew to run for local office.

Narwa is a candidate for city councillor in the Kitchissippi ward, which is struggling with recent growth and development, angering some longtime residents who wish to see the area retain its character.

Narwa has no previous experience in politics, "unless, of course, you count shul politics and Jewish community politics," he says.

The self-employed real estate broker and property manager says he has "gained a good understanding of neighbourhoods, people, real estate and property management" during his 25 years in business.

The son of Molly and the late Moshe Narwa, Danny is a member of the very large and well-known Smith family, Molly being one of 13 children born to the late Louis and Annie Smith.

"A few of the defining aspects of the Smith family would have to be their connection to food, tzedaka, chesed and ... their sense of

humour," says Narwa.

The candidate himself has been very involved in the local Jewish community throughout his life, having attended Hillel Academy, working as a counsellor at the JCC day camp, serving as a *meshgiach* for the Ottawa Vaad HaKashruth and being a member of the Ottawa Chevra Kadisha for nearly 20 years.

"Raised in a family where I was taught the importance of helping and giving to others, my brother and I established our own charity fund over 12 years ago," says Narwa.

"Through this fund, we support many local and national charities, including The Mission, The Food Bank, Tiferet Shlomo Orphanage, Magen David Adom and many children's charities."

Narwa's decision to run for office comes from a growing frustration with the way tax dollars are being spent.

"Our taxes are constantly going up and our services are going down," he says. "Therefore, my main platform is to work on cutting wasted spending. Year after year, budget after budget, money is spent without any accountability or responsibility."

"With some of the ideas and decisions coming out from council chambers in recent months, you would think the Wise Men of Chelm were running the show."

To back up his convictions about wise spending, Narwa has chosen not to solicit any campaign contributions from the public and is funding the campaign himself.

Other than not being able to campaign on Shabbat and having to turn down an invitation to be a judge in a baking contest (he couldn't eat the non-kosher baked goods), Narwa says he has not encountered any problems. He has been well accepted by the public and by other candidates.

"I think, if anything, being Jewish and observant gives me an advantage and a different perspective on things," says Narwa. "First of all, it provides me with discipline. And secondly, it has helped shape my response to the social needs of the city, be it seniors, the homeless or children."

He would like to see the city provide more affordable childcare spaces and a breakfast program for hungry children in all schools. For seniors, his number one issue is helping those living on fixed incomes to remain in



Daniel Narwa

their own home despite ever-increasing property taxes. As well, he would like to see increased funding for seniors programs and services.

Solving the homelessness problem involves all members of the community, he says.

"We need a mega city-wide project to solve this problem once and for all. I believe it is time we get the corporations, the movers and shakers and the big money-makers of Ottawa to do something about it. We need the clergy of all denominations, we need the media, we need everybody involved."

Although he is working very hard to win the election, Narwa's faith is in a greater power.

"Winning this election would be an amazing experience and achievement," he says. "Being an observant Jew means accepting that everything comes from God, the good and the bad ... I await the results on November 13."



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Tickets to the lecture are free, and are required for admission. They are available at the front desk of the Soloway JCC or at Carleton University. Admission restricted to people 17 years or older.

Sponsored by the Carleton University Max and Tessie Zelikovitz Centre for Jewish Studies, the President of Carleton University, the Dean of the Faculty of Arts and Sciences and the Soloway JCC.

FOR MORE INFORMATION, CONTACT MAXINE MISKA, AT 613-798-9818 EXT. 263 OR [MMISKA@JCCOTTAWA.COM](mailto:MMISKA@JCCOTTAWA.COM)

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### Salmon with Pistachio Basil Butter

Serves 6

Chef Bart found this on *Epicurious.com*. It originally appeared in the January 1992 issue of *Bon Appétit Magazine*.

I suspect Chef Bart was just a toddler in 1992!

1/4 cup shelled pistachios  
10 large fresh basil leaves  
1 garlic clove  
1/2 cup unsalted butter, room temperature  
1 teaspoon lime juice  
6 6-ounce 1 1/2-inch thick salmon fillets  
1/2 cup dry white wine  
Salt and pepper  
Additional fresh basil leaves for garnish

Process pistachios, 10 basil leaves and garlic cloves in processor until finely chopped. Add butter and lime-juice and process until well mixed. Season to taste with salt and pepper. Transfer butter mixture to small bowl and refrigerate until well chilled.

Preheat oven to 400 degrees F. Butter a 9 x 13-inch baking dish. Place salmon fillets in dish in a single layer. Pour white wine over fish. Season with salt and pepper. Bake salmon until almost opaque on top, about 10 minutes.

Place 2 tablespoons pistachio butter atop each salmon piece. Continue baking until salmon fillets are just opaque in center, about 5 minutes longer. Transfer salmon to plates. Garnish with fresh basil leaves if desired and serve.



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## A fiery dinner, part 2



### Made with Love

Cindy Feingold

depend on each other for their lives, it only makes sense they should work so well in unison.

Still, for eight women from the suburbs of Ottawa, it was a rare and wondrous sight!



Cindy Feingold and Paula Pelosi

### Shocklate Cheesecake

Serves 16

Chef Bart served this for dessert. We couldn't believe it was low fat. Each serving contains 291 calories and 9.3 grams of fat. A slice of regular chocolate cheesecake would be about 500 calories and 38 grams of fat. This recipe comes from the cookbook, *Eat Shrink and Be Merry* by Janet and Greta Podleski (Garnet Publishing, 2005).

1 box (15.5 oz) low-fat Brownie mix  
(such as Betty Crocker Fudge Brownies)  
2 cups 1% cottage cheese  
1 cup light (5%) sour cream (not fat free)  
1 package (8 oz) light cream cheese, at room temperature  
1 cup granulated sugar  
1/3 cup unsweetened cocoa powder  
1/4 cup all purpose flour  
6 oz semi-sweet chocolate, melted and cooled slightly  
4 eggs  
1 teaspoon vanilla extract

Spray a 10-inch springform pan with cooking spray. Prepare brownies according to package directions, baking in

springform pan instead of regular cake pan. Brownies should be done in about 20 minutes. Remove pan from oven and reset temperature to 325 degrees F. Set brownie crust aside to cool slightly while you prepare filling.

To make filling, whirl cottage cheese, sour cream and cream cheese in blender until perfectly smooth. Scrape out mixture into a large mixing bowl. In a small bowl, sift together sugar, cocoa powder and flour. Gradually add sugar mixture to cream cheese mixture and beat on medium speed of electric mixer until well blended. Add melted chocolate and beat again, scraping down sides of bowl as necessary. Add eggs and vanilla. Beat just until eggs are incorporated into batter.

Before pouring batter over crust, lightly grease sides of pan. Pour batter over brownie crust and smooth top. Place on middle oven rack and bake for 60-70 minutes. Cake will be puffed up and center will jiggle slightly when pan is shaken. Turn off oven, open oven door halfway, and leave cake in oven to cool for 1 hour. Remove from oven, run knife around edge of pan to loosen cake from sides, and cool slightly. Cover with plastic wrap and refrigerate overnight.

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## Measuring bravery during the Holocaust: Part 2

Second Story Press is a small Canadian publisher with high standards and big ideas. Among them is its acclaimed series of Holocaust Remembrance Books for Young Readers. The books I'm reviewing in this column are part of that series.

Although the books are written as historical fiction, each is based on real people and real events. Telling these stories as fiction allows the authors to use simple, effective techniques, such as dialogue and emotional reactions that encourage young readers to identify with the protagonists.

Both books remind readers the Nazis and their supporters in the countries occupied by Germany imprisoned or killed anyone caught committing the heinous crime of helping Jews. That so many gentiles willingly helped, nevertheless, was a triumph of good over evil.

Black and white photographs add to the realism of each book.

*The Righteous Smuggler*  
By Debbie Spring  
Second Story Press 2005  
160 pp. Ages 9 - 13

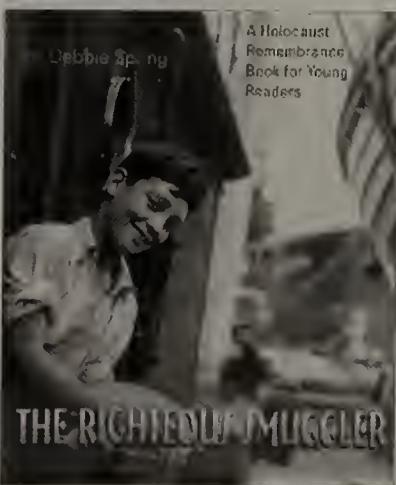
Hurray for *The Righteous Smuggler*! Finally, after a long wait, an excellent work of Holocaust fiction featuring a boy. The male perspective is important because most boys will only read books about boys.

Set in Amsterdam between May 1940 and 1943, *The Righteous Smuggler* describes the daily stresses of the Nazi occupation and the growth of the Dutch resistance movement. Storyteller Hendrik, the sea-loving only child of a poor fisherman, is turning 12. His birthday coincides with two events that change his life.

At the micro level, Hendrik learns from Papa's highly charged personal story and subsequent actions of the importance of responding to those in need immediately. Leaving it to others is not an option.

At the macro level, the Netherlands is invaded and occupied by the German army. Being compassionate and caring Dutch patriots, Hendrik and his parents quickly become a liability. Especially when Hendrik's best friends and the girl he has a crush on are found to be Jewish.

As though imitating the chief characteristic of Hendrik's father, actions speak louder than words in this fast-paced, emotionally charged coming-of-age story. Written in short dramatic chapters, readers share Hendrik's confusion and upset as he witnesses the world and values he loves turned on their head by hatred and lies.



From *The Righteous Smuggler*

When Hendrik finally realizes his friends and their parents are disappearing, he and his father spring into action. Aided by Old Sea Dog, a mysterious food smuggler who talks about mermaids, they save Hendrik's best friend and his family, and many more.

Close calls, quick wits, sheer luck and acts of small and large kindnesses abound in this exciting sea-faring adventure.

*The Righteous Smuggler* honours the men, women and children of the Netherlands who acted on their convictions to rescue their Jewish compatriots.

*Hiding Edith*  
- a true story -  
By Kathy Kacer  
Second Story Press 2006  
152 pp. Ages 9 - 13

While there are many Holocaust stories about hidden children, few are as effective as *Hiding Edith* in portraying the heartbreak and psychological distress caused by progressive loss, separation and the all-too-real fear of discovery and capture.

But that is the life Edith Schwalb must live from age six to the end of the Second World War.

First, Edith and her family leave Vienna, Austria, fleeing on foot to Belgium. After the German invasion of Belgium, they escape to Beaumont-de-Lomagne, France.

Then, Edith's father is arrested. Mutti, her mother, decides safety lies in splitting up the family. Edith and her younger brother, Gaston, are sent to a safe house in Moissac, France, while Mutti and Edith's elder sister are taken in by a farmer.



Deanna Silverman

Edith's anxieties soar. Doesn't Mutti love her? Will she ever see Mutti, Papa and Therese again? Can she trust the people in the safe house? Do the mayor and citizens of Moissac really warn Shatta and Bouli Simon, the house's directors, when the Nazis are coming? How will she fare at the school in Moissac? How will she, Gaston and the others survive when the safe house is no longer safe and everyone has to be placed elsewhere?

Kathy Kacer tells Edith Schwalb's true story with sensitivity and a real understanding of what her life must have been like. Despite Edith's worries and fears, she becomes a resilient, resourceful person who helps her friends and Mutti and Gaston through to the end of the war and beyond.

*Hiding Edith* is an awesome tribute to the people of Moissac, France who defied their German occupiers by hiding the existence of hundreds of Jewish children, to Shatta and Bouli Simon, and to Edith herself.

A gem of a book and an amazing piece of Holocaust history.

## Kid Lit

### TAMIR Judaic Outreach Programs

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Date	Program	Place	Time
Wednesdays	Jewish Healing Program Leah Smith	Snoezelen Room 11 Nadolny Sachs	5:00 - 6:00
Wednesdays	Joys of Judaism Level 1 Leah Smith	Day Program 11 Nadolny Sachs	6:30 - 7:30
Wednesdays	Joys of Judaism Level 2 Cantor Benlolo	Boardroom 11 Nadolny Sachs	6:30 - 7:30
Thursdays	Tamir Choir Cantor Benlolo / Leah Smith	Boardroom 11 Nadolny Sachs	6:15 - 7:15
Sunday November 19	Jewish Music RSVP Alison Caplan	Rideau Regional Centre Smiths Falls	11:00 - 3:00
Friday November 24	Community Shabbat Dinner RSVP Alison by Nov. 22	Tamir Boardroom 11 Nadolny Sachs	5:30 - 7:30
Sunday November 26	Chanukah Craft with Talmud Torah Students	Tamir Boardroom 11 Nadolny Sachs	10:00 - 12:00
Wednesday December 6	Chanukah Baking & Tamir Choir Cantor Benlolo / Leah Smith	Hillel Lodge 10 Nadolny Sachs	6:30 - 7:30
Sunday December 10	Chanukah Party RSVP Alison Caplan	Rideau Regional Centre Smiths Falls	11:00 - 3:00
Wednesday December 20	Tamir Chanukah Party Judaic Program Participants	Agudath Israel 1400 Coldrey Ave	6:30 - 8:00
Friday December 29	Community Shabbat Dinner RSVP Alison by Dec. 27	Tamir Boardroom 11 Nadolny Sachs	5:30 - 7:30

## Are you dating him or her too long?

Succot came and went. In shul, we read the Book of Koheles (Ecclesiastes), where King Solomon, known as the wisest of men, writes: "Everything has its season, and there is a time for everything under the heaven: A time to be born, and a time to die; a time to plant, and a time to uproot the planted; a time to kill, and a time to heal..."

Were he alive today, he might add, "a time to date, and a time to marry."

Nowadays, we spend more time wooing and less time in wedlock. We drift from one relationship to another. Or we spend years with someone without making a commitment.

"Dating," say Yaakov and Sue Deyo, "is the evaluation period for determining if the couple wants a committed relationship; dating is not the relationship."

Sound like *old school*? What's wrong with no-strings-attached companionship, easy sex and some prestige? What's wrong with dating someone indefinitely?

First, you are less likely to marry. As you get older, you become set in your ways. It's not easy to give up your independence, revamp your lifestyle and change your personal habits. As long as you are dating, you can linger in your comfort zone while enjoying the freedom to abandon the relationship at any time.

Second, physical intimacy can raise expectations or hope (usually on the part of the woman) that the two of you will

always be together. So the sooner you know the other's real intentions, the less heartache you will have.

Third, unless you intend to have kids out of wedlock, or have children already, the older you marry the less chance you will have of seeing your children grow up to be mature adults.

Perhaps most importantly, endless dating robs you of your best years, when you could be sharing them with your spouse and reaping the unique benefits of marriage. The longer you are with someone who will not commit, the harder it is to break up, and in the meantime you miss opportunities to date others.

This doesn't mean you should rush to the *chuppa* with the first guy or girl you fall in love with. The decision to marry someone should be based on an objective assessment of compatibility, including common life goals and values.

The more disparate your backgrounds are (family upbringing, socio-economic level, education, religion, ethnicity), the longer you need to date the person prior to making an informed decision to either commit or to end the relationship. This can take several months, but it shouldn't take years. Ask yourself: Am I learning important new things about him or her? If the answer is yes, hold off on booking the wedding hall.

In dating, we're playing with the deepest parts of our-



## Dating 101

Jack Botwinik

selves. Every breakup hurts, and erodes trust in people, even if no promises were made. Sadly, men and women in our society often use and then discard one another like disposable objects.

Ask yourself: Am I sure I am not using somebody primarily for my own benefit? Do I respect the other person's hopes and expectations? Am I prepared to make a commitment if everything should check out?

If you answered yes to these questions, you can date with a clear conscience for as long as you need to.

And once you're engaged, it's best to set an early wedding date so you can begin your journey together as husband and wife, with its many growth opportunities and rewards.

*Jack Botwinik is the author of "Chicken Soup with Chopsticks: A Jew's Struggle for Truth in an Interfaith Relationship. Questions and/or comments are appreciated and can be sent to Jack via his Author Page at [www.PaperSpider.Net](http://www.PaperSpider.Net) ([http://www.paper spider.net/authors/jack\\_botwinik.html](http://www.paper spider.net/authors/jack_botwinik.html)).*



## Global Shtetl The Jewish Internet

Saul Silverman

Cohen and Eisen is the sense of being a continuing part of a very ancient civilization is in itself a turn-on for some of the people interviewed.

The Internet Jewish History Sourcebook covers the entire span of Jewish history, using extracts from Biblical and other classical texts, other documents, links to course material and a wide variety of source extracts.

It is a secular book intended as a resource for readers roughly at the level of a detailed undergraduate survey course, and covers the entire history of the Jewish people from the earliest archaeological evidence to near contemporary times.

While it is objectively secular, it is respectful and sympathetic to Jewish belief. Many of its extracts on Jewish religious tradition and life are drawn from the courses Eliezer Segal gives at the University of Calgary.

Jewish History and Culture is a true portal, with well-annotated links to a wide range of material ranging from general overviews of Jewish life through the ages to very specific material on cultural artifacts and Jewish culture in various traditions and localities. This is an excellent guide to browsing as you try to connect with your roots, your own patch of our historical civilization.

### Websites

Kebila: [http://en.wikipedia.org/wiki/Jewish\\_community](http://en.wikipedia.org/wiki/Jewish_community)  
The Jew Within – review: <http://www.shma.com/bookreviews/jewwithin.phtml>

The Jew Within – Amazon: <http://www.amazon.com/Jew-Within-Family-Community-America/dp/0253337828> (hyphens in original).

Jewish family: <http://www.jewishfamily.com/>  
Sourcebook: <http://www.fordham.edu/halsall/jewish/jewishbook.html>  
Jewish History and Culture: <http://ddickerson.igc.org/judaica.html>

## Changing image of Jewish identity

In concluding this series of articles on portals and sites of first resort, I want to look at how Jewish identity relates to Jewish community. This is the dynamic by which Jewish life develops and is expressed in a day-to-day "real world" context.

Traditionally, the centre of Jewish community was the synagogue and the *kehilla* – the structure of authoritative institutions that provided for and regulated the minutiae of Jewish life.

A century ago, particularly in North America, traditional institutions and authority were facing challenges. Jewish communities then developed new institutions such as Jewish Federations and the Vaad (council) to co-ordinate decision-making for community-wide resources and endeavours. Jewish community centres or campuses became hubs for communities and, along with synagogues, special-purpose institutions and voluntary groups make up the Jewish community we know today.

A recent study (Cohen and Eisen, *The Jew Within*, 2000)

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Mark S. Borts

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Reaction to this book has been mixed. It is regarded as a significant sociological study with important, if disturbing, implications. There is debate as to whether these phenomena represent a death sentence to much that has been accepted as the established mainstream of North American Jewish life.

Is the glass half empty and continuing to drain or is it partially full? Is there potential for continuing Jewish evolution based on the strength of identity even among the largest segment of Jews whose links to Jewish institutions and traditional culture are attenuated?

Isn't this much the same group that activist traditionalists, such as Chabad and Aish (as well as new wave expressions of Judaism such as Jewish Renewal) have, with some success, been reaching out to? Is this the basis on which there is hope the roots of Jewish life will continue to be renewed?

In the websites listed here, there is a short review of this book containing the study, as well as the Amazon site where you can browse its contents.

In the same vein, a web magazine on Jewish family life and parenting exemplifies the positive potential of this new reality. The issue I saw had articles with the following titles: "Beginning at Home: Raising Mensches," "Deepening Our Tzedakah" and "How to Put Together a *Tikkun Olam* Family Work Project."

One of the things I noticed while I have been reading

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Continued on page 24

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A complete listing of the endowment funds established with the OJCF can be viewed online at [www.jewishottawa.com/ojcf](http://www.jewishottawa.com/ojcf). Plus, a link has been added to the online donation form, which allows you to search through our endowment listing and return back to the donation form to complete your transaction.

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## A visit to my hometown

My whole life has been about cultural encounters. I began life on August 27, 1946 in a U.S. army hospital tent in a Displaced Persons Camp in Linz, Austria.

In fact, it was because my pregnant Polish-Jewish mother insisted she was about to give birth that she was allowed off the train in Linz.

My father and brother went a little further where they were given their own family tent. My mother and I joined them there after about a week. My brother always got in trouble with my parents for playing "red army soldier" at the beginning of the Communist scare, but, fortunately, none of the American soldiers spoke Yiddish.

That they had to stop a train so I could be born always made me feel important.

Almost 50 years later, I went back to Linz just to see what it looked like and to replace my old birth certificate. The city was generally gray but had a restored downtown full of old Austrian cultural references.

To get to the new city hall, I had to cross the Danube. It was a functional building but not huge. I went to a small office with a closed door and, when I knocked, a 30-something woman in glasses and dark hair in a bun emerged and asked me to come in.

It was a relatively large office lined with shelves, but it was located on a corner of the building so sunlight shone in from windows on two sides, one just behind the woman's

desk. She was the only person there. On the shelves were rows and rows of books.

I explained that I had come in person to pick up a new copy of my birth certificate, as I had been born in Linz. Her face brightened immediately. "Ach so," she enthused, "you are one of us."

"Not quite. I was born in the DP camp, but I understand your office still has the records from those times."

"Of course, of course," she went on with a scarcely perceptible pause. "It is still wonderful to see you back in the place of your birth."

I showed her my old worn out certificate from 1946. She went straight to one of the shelves on the wall, pulled out a volume and blew the dust off the top. She flipped through the pages and came back to the desk.

As she returned, I asked if anyone ever noted that Hitler lived here as a youngster. "No, not that I recall. When did he live here?" she asked.

After exchanging a few pleasantries in German and English, she asked if I would wait out in the hall. Apparently, she had to do something official that would not allow me to be in the room at the same time. A few minutes later, she came out again with two signed copies of my birth certificate, having copied the information in the book using a typewriter and blank forms.

"It's perfect," I said.



**Humour me, please**

**Rubin Friedman**

"Does that address of the camp still exist?"

She nodded and told me how to get there.

As I turned to leave, two of her co-workers were walking by and she gushed again to them, that here I was, a Canadian, born in Linz, come back to visit my home town. They also smiled and welcomed me enthusiastically.

I made my way to the address on Waldegg. It was right opposite the train station. It was a low-rise apartment, brown brick, covered in gray smoke and oily soot with a solemn plaque telling me it had been erected in 1954 by the no-longer-existing Soviet Union as a sign of eternal friendship with the Austrian people.

Just down the street from the address, there was a very small park on a corner with another plaque telling me this had been the site of the American field hospital.

Here I was, a bit of leftover from the final solution, standing in my birth place and no trumpets sounded. On the other hand, there was no plaque to Hitler either.

"It's a small victory," I thought, "but I'll take it."



**Have a Knish**

**Paul Telner** **Byron Pascoe**

Without hesitation, Byron approached the masseuse. This was his one chance to relax. Byron lay down and the woman began to work her magic. It was a good thing Byron was lying down.

Byron entered a world of sensual delights. However, as soon as Paul saw this, he decided to do something about it.

Paul felt this was way too much pleasure for Byron. He quietly asked the masseuse if he could take over without Byron knowing.

Hesitant at first, she found it too funny to pass up. Paul gave Byron a massage and went everywhere he possibly could.

Byron seemed relaxed and started making odd noises. He eventually got up and looked completely refreshed. Paul then broke the news to Byron he was the one who had just given him the massage. Byron called his mother immediately to come pick him up.

Later that night, Paul danced with Mark Curry (aka Mr. Cooper from the hit 90s ABC sitcom *Hangin' with Mr. Cooper*) and cracked out the *Entertainment Tonight Canada* reporter. Paul gave her a hug and blurted out, "Now you know why ET has security on set!"

At the annual Comedy Network party, we were interviewed by *eTalk Daily*. Paul spoke about the great shows and about how the Holiday Inn wake-up call girl may have a thing for him. Byron felt the need to stand next to Paul while he was being interviewed. Paul hopes CTV burns the tape.

We also got the opportunity to see Bill Cosby in concert, met the gracious comedian Drew Carey, did some shopping on Saint-Catherine and headed home.

Montreal hopes to see OJB readers for next year's 25th anniversary *Just For Laughs* spectacular. If you are one of the lucky ones who gets the paper early, you may still have time to take in the *Upton Just For Laughs Comedy Tour* at the National Arts Centre on Sunday, November 5.

## Just For Laughs comedy festival visited by the Knish guys

Following up on our stories from last issue's *Just For Laughs* piece, we ran into many celebrities including the host of CBS's *The Late Late Show*, Craig Ferguson. His publicists continue to dismiss our interview requests, but at least we got the chance to meet Craig.

We're obsessed with t-shirts and Paul is a big fan of Crush, so later on in our trip, we had an adventure to find a matching Crush shirt for his hat. (Byron should have gone to law school.)

Walking for miles, we came across one. But as always, it was a woman's fitted shirt. Not caring anymore, Paul bought it on the spot. Byron thinks Paul is trying to tell us something!

There were tons of parties including *Hollywood Reporter's* annual event. In a previous year, we met Patrice who works for the *Reporter*. When we were in Los Angeles in April, Patrice gave us a tour of the facilities, hats and t-shirts! We wore them to the party, but took them off when partygoers thought we were waiters.

Getting hungry, we asked ourselves, where do two guys looking for a good smoked meat sandwich go?

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Schwartz's

After our walk to the legendary deli, we stood in line outside as if it were a dance club. We wore our t-shirts that say "Have a Knish" and got seated with other people, which was a weird experience and we felt badly for ruining everyone else's dinner. The conversation went something like this:

"You have seriously never heard of our column *Have a Knish*?"

"No."

"Why not?"

After learning we aren't as popular as we thought, we walked back to the festival.

After talking to every delegate, including the waitresses, it was time to get some sleep. We got to stay at the convenient and spacious Holiday Inn. It was such a pleasure and the cozy beds had the right amount of pillows. Having been referred to as the real life Ernie and Bert, we said goodnight.

The next day, we went to Jason Alexander's press conference where Paul was invited to ask *Seinfeld's* George Costanza a question.

Decked out in orange attire, he approached the microphone and asked what it means to play the festival and if it can still change a comedian's life. Before answering, Alexander commented about Paul's unique wardrobe, saying he pulls it off nicely.

That night was the fest's best event – the annual *Just For Laughs* party at the JFL Museum. Converted into a ritzy dance club, we were greeted by a beautiful elevator attendant who took us up to the main event.

Our conversation with her: "What do you mean you have never heard of *Have a Knish*? It's our column."

"Sorry, never heard of it."

At the party, DJs were spinning hits and we were surrounded by multiple open bars, comedians, endless hors d'oeuvres and beautiful girls walking around with trays of every type of candy you can imagine. Paul went into sensory overload.

Byron noticed a masseuse. After spending so much time with Paul, Byron was in serious need of some stress relief.

## Health and meditations from a Jewish perspective

Health is big business these days, and book publishers are getting in on the act. You just have to check the bookshelves of your favourite bookstore to see the proliferation of titles for every ailment under the sun — mental, physical and spiritual. Here are a couple.

### The Hadassah Jewish Family Book of Health and Wellness

By Robin E. Berman, M.D., Arthur Kerzweil, Dale L. Minz, MPA, CHES  
Jossey-Bass/Wiley  
Hardcover, 2006

You might ask, "Why a Hadassah book of health?"

Well, the editors anticipated the same question. They explain that, in the Jewish tradition, the body is not separated from the soul. The two are a unit and to care for one's body is, in fact, a mitzvah.

They assert a book on Jewish health is different than most health handbooks out there. For one thing, a Jewish health book also has to deal with ethics — ethics on stem cell research and Jewish law, on organ donation, on the Jewish approach to AIDS, on whether smoking is kosher. This book does that. It also talks about eating disorders and abortion, all within the context of Jewish practice and law. There is even a chapter devoted to meditation, healing through prayer and Reiki therapy.

The book is divided into 11 sections: Health in the Jewish Tradition (the Jewish way of healing and psychological insights), Taking Care of the Body (nurturing oneself, treadmills and yoga), Nutrition (halacha, vegetarianism, fasting), Jewish Genetic Diseases (testing, Gaucher's and Niemann-Pick diseases, Tay-Sachs' and Crohn's diseases, Canavan's and Bloom's diseases), Raising our Children (infant and child care, infertility), Caregiving (long-term care planning, resources, hospice care), Visiting the Sick (the how-to's, do's and don'ts), Prayer and Meditation in Practice (healing and meditation methods), Keeping Healthy in a Changing World (healthy lifestyles, clinical trials, stem cell research), Organ Donation (the Jewish way), Jewish Views on AIDS, Smoking, Abortion, and Eating Disorders (and all about them).

There are personal stories peppered throughout the book, and references to Hadassah successes and resources. Obviously, there is a lot of plugging for the organization throughout, to the point of being somewhat distracting and irritating at times. But the content adds up to a good primer on Jewish approaches to health care.

And it does not particularly favour any Jewish denomination above another; there are references to the Reform, Conservative and Orthodox movements, as well as excerpts from various medical web sites and Jewish medical publications with text contributions from a cross-section of Jewish health professionals and former patients.

The book's editors come from different backgrounds as well. Anyone involved in Jewish genealogy will be familiar with Kurzweil, who wrote the handbook on the subject, *From Generation to Generation: How to Trace your Jewish Genealogy and Family History* (Jossey-Bass/Wiley and Sons, Inc., 2004). Robin Berman founded the National Gaucher Foundation and is president and CEO. Three of her six children have Gaucher's disease. Dale Minz is an advocate of doctor-patient relationships. She is Hadassah's founding director of Women's Health and Advocacy.

While this is no *Merck Manual* or *Mayo Clinic Health Book*, *The Hadassah Jewish Family Book of Health and Wellness* is a reader-friendly introduction to family health issues from a Jewish perspective.



## Book Beat

Kinneret Globerman

### Meditations for Difficult Times:

How to Survive and Thrive  
By Bernie S. Siegel, MD  
Raincoast Books  
CD, 2006

Dr. Bernie Siegel is an interesting guy. About two decades ago, the pediatric and general surgeon from New Haven, Connecticut had an idea: he felt patient empowerment was crucial in helping patients manage their illnesses, a notion not all that common back then.

So, in 1978, the doctor (as he likes to be called) started Exceptional Cancer Patients, an approach to individual and group therapy to help patients help themselves face diseases such as cancer. The program, which emphasizes using one's inner resources, was based on the science of "mind-body-spirit medicine" to make patients aware of their own potential for self-healing. Siegel was also one of the first medical professionals to write about healing through visual imagery.

Bernie, as he also likes to be called, has been writing about his medical vision for years. His most popular book and a huge bestseller, *Love, Medicine & Miracles*, sold for months after its initial publication in 1991. He has more titles under his belt, the latest of which is this CD.

It's a good introduction for those of you unused to guided meditations. Bernie's delivery is gentle, his voice lulling and he speaks slowly and deliberately. You might even fall asleep before you're through listening!

While I found some of the examples he uses to illustrate his point of view somewhat bizarre, he does try to indicate to us how a disease can be a gift that teaches us to value life. If nothing else, his guided visualizations offer respite from harsh realities.

### At the Greenberg Families Library:

The Greenberg Families Library offers film series, special lectures, and more. Library programs are open to all SJCC and Library members with presentation of a card. Some programs require nominal fees.

For information on any of the programs, please call the Library (613-798-9818, ext. 245).

The Library's Book Discussion series features freelance writer and *Book Beat* columnist, Kinneret Globerman. *Suite Francaise* by Irene Némirovsky is the next book under discussion on Tuesday, November 28, at 1 pm.



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## VOLUNTEER CORNER

Volunteer Corner is courtesy of the Jewish Federation of Ottawa. All beneficiary agencies are invited to list their volunteer opportunities.

## Volunteer Opportunities

### JEWISH FAMILY SERVICES

Can you find it in your heart to help?

• **URGENT!** ... MORE DRIVERS are urgently required to help seniors get to their medical appointments. If you can even offer a couple of hours a month, please call.

• **URGENT!** ... Have Kosher Food, need driver who can bring this food to their homes.

• **Orleans area mid-aged lady**, who lives in a residence, would love some contact with the Jewish community ... could you visit a couple of times a month?

• **GUTTEN TOG PROGRAM** ... connect with a senior who lives in a long-term care facility. Visit once a week, once a month!

• **Older Russian female** in hospital would love some company. To hear her mother tongue would be an asset, but she speaks/understands English.

• **REMINISE** with a Hunt Club resident about Ottawa of yesterday. Great sense of humour, this lady will win your heart. Female visitor preferred.

• **Visit with a Hunt Club resident** with a great sense of humour who loves to reminisce. Learn about the history of Ottawa. This lady will win your heart.

• Interested in going out for a coffee/chat and/or playing Gin Rummy with a Yiddish or French-speaking gentleman recently back in Canada? Gregarious, outgoing and lives in Craig Henry. Great opportunity to practise another language.

• Could you accompany/drive a Walkley area senior who loves movies, bingo and other outings? Afternoons/evenings would work for her.

Please call Bev Groster at 722-2225, # 304

### THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE

If you ever thought of volunteering at the Lodge, now's the time!

• Our Recreation Department is short of needed help ... Duties include: accompany residents to and from programs; assist during programs, ie. hand out refreshments; help residents participate, help with set-up; be a friendly visitor, making someone's day a little more special! Activities include: performances, bingo, baking, birthday parties, lectures, outings & much more ... or the opportunity to lead a program; i.e., share your travels in a slide show. Afternoon programs are regularly scheduled between 1:30 to 3:30 pm. Choose your time, day and program! One morning or afternoon a week or just once per month will greatly enhance life at the Lodge!

• Attention High School Students ... Gain volunteer hours for community service requirement. A few hours at the Lodge ... benefits everybody! Help out with Sunday recreation programs and holiday events, escort residents to Saturday Synagogue services, dining room table setting or Monday evening bingo. You can spend an afternoon during school breaks too!

• Do you speak Russian or Yiddish? Come for a friendly visit. We have a few residents who would appreciate the conversation.

• Entertainers — Got a talent? Performers are welcome to apply and be enjoyed by all!

A little time ... goes a long way at the Lodge!  
For registration and orientation appointment,  
please call

Cheryl Cogan, Co-ordinator of Volunteers,  
728-3900 ext. 191,  
or email [cherylcogan@hillel-ltc.com](mailto:cherylcogan@hillel-ltc.com)

Students welcome (please note: children under the age of 14 require adult accompaniment)

## WHAT'S GOING ON

November 6 to 19, 2006



### CANDLELIGHTING BEFORE

Nov 10 ⚡ 4:20 pm  
Nov 17 ⚡ 4:13 pm  
Nov 24 ⚡ 4:07 pm  
Dec 1 ⚡ 4:03 pm  
Dec 8 ⚡ 4:02 pm  
Dec 15 ⚡ 4:02 pm  
Dec 22 ⚡ 4:05 pm  
Dec 29 ⚡ 4:10 pm

TUESDAY, NOVEMBER 7  
JETSETTERS movie night for young adults in their 20s and 30s, Green Chariot, 11 Clemow in the Glebe, 7:30 pm. RSVP 613-798-9818, ext. 247.

WEDNESDAY, NOVEMBER 8  
Jewish National Fund, Negev Dinner, honoree is Stephen Victor with guest speaker William Jefferson Clinton, Westin Hotel, 6:00 pm.

THURSDAY, NOVEMBER 9  
Prime Time at Temple Israel with Dr. Pierre Antil from the Jewish studies program at Ottawa University, Temple Israel, 1301 Prince of Wales Drive, 12:00 noon. For more information call Anna Bilsky, 613-728-4201.

Kristallnacht Candlelighting Commemoration, Beth Shalom Congregation, 151 Chapel Street, 7:30 pm.

NOVEMBER 10-12  
Celebrating 40 years at Temple Israel, info: 613-824-6833.



THURSDAY, NOVEMBER 16  
Jewish Federation Women's Campaign and The Ottawa Hospital present "Life in the Balance" with Dr. Marla Shapiro, Agudath Israel Congregation, 1409 Colborne Avenue, 7:30 pm.

SUNDAY, NOVEMBER 19  
Ottawa Jewish Film Society, "Beautiful Music," 7:00 pm. The Vered Israel Cultural & Educational Program, Israeli House, 7:30 pm.

For a detailed listing  
visit [www.jewishottawa.org](http://www.jewishottawa.org)



## COMING SOON

MONDAY, NOVEMBER 20

Representatives from *Our Voice*, a grassroots Israeli-Palestinian movement, whose goal is to mobilize what it calls the silent majority of moderates on both sides to find non-violent ways of resolving the conflict and realize a two-state solution, will speak about their initiatives to promote peace and find non-violent ways of resolving the conflict, Saint Paul University, amphitheatre, 223 Main Street, 7:00 pm.

TUESDAY, NOVEMBER 21

Public Service Division of the Federation, *Canada's Relationship with Israel*, Agudath Israel, Tickets: 613-798-4696, ext. 248.

THURSDAY, NOVEMBER 23

The Carleton University Max and Tessie Zelikovitz Centre for Jewish Studies' lecture, "The Roots of the Modern State: Secularity, Zionism, Tradition," followed by discussion with Rabbi Dr. Reuven Bulka, SJCC, 7:30 pm at the Soloway JCC, Info: 613-798-9818, ext. 263.

SUNDAY, NOVEMBER 26

Chanukah Gift Fair: candles, dreidels, menorahs, jewelry, and lots more, SJCC 10:00 am to 4:00 pm.

Unless otherwise noted, activities take place at The Joseph and Rose Ages Family Building, 21 Nadolny Sachs Private.

This information is taken from the community calendar maintained by the Jewish Community Campus of Ottawa Inc. Organizations which would like their events to be listed, no matter where they are to be held, should make sure they are recorded by Brenda Schaefer, calendar coordinator at 798-9818 ext. 265. We have voice mail. Accurate details must be provided and all events must be open to the Jewish public. You may fax to 798-9839 or email to [bschaefer@ccottawa.com](mailto:bschaefer@ccottawa.com).



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## Condolences

Condolences are extended to the families of:

Faga Gardner, Montreal (mother of Carol Greenberg)

Mervin Ginsburg

Barry Koffman

Allyn Niznick

Evelyn Popky

(mother of Rabbi Charles Popky)

May their memory be a blessing always.

The CONDOLENCE COLUMN is offered as a public service to the community. There is no charge.

For a listing in this column, please call 613-798-9818, ext. 274.

Voice mail is available.

## BULLETIN DEADLINES

NOVEMBER 15 FOR DECEMBER 4\*

2007

JANUARY 3 FOR JANUARY 22

JANUARY 17 FOR FEBRUARY 5

JANUARY 31 FOR FEBRUARY 19

\* Community-wide issue (subject to change)